



HEALTH SCORE

85%

Chicken Yakisoba



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



841 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup julienne-cut carrot (2-inch)
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 7 tablespoons soya sauce low-sodium divided
- ☐ 6 cups coarsely napa cabbage shredded chinese ()
- ☐ 2 cups onion vertically sliced
- ☐ 0.3 cup sake dry (rice wine)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound skinned cut into bite-size pieces

- ☐ 4.5 cups soba cooked uncooked (9 ounces buckwheat noodles)
- ☐ 2 teaspoons sugar
- ☐ 2 teaspoons vegetable oil divided

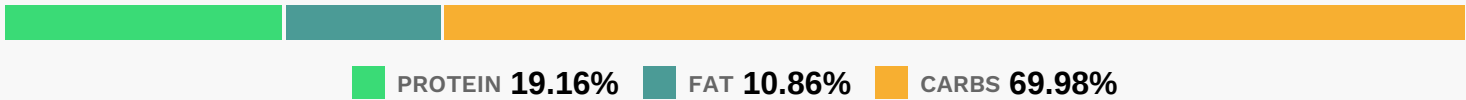
Equipment

- ☐ frying pan
- ☐ ziploc bags
- ☐ wok

Directions

- ☐ Combine 3 tablespoons soy sauce and chicken in a zip-top plastic bag; seal and marinate in refrigerator 30 minutes, turning occasionally.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet or wok over medium-high heat.
- ☐ Add chicken; cook 3 minutes or until done.
- ☐ Remove chicken from skillet; keep warm.
- ☐ Add 1 teaspoon oil, onion, and carrot to skillet; stir-fry 2 minutes.
- ☐ Add cabbage; stir-fry 2 minutes or until cabbage begins to wilt.
- ☐ Combine 1/4 cup soy sauce, sake, ginger, sugar, and salt.
- ☐ Pour sake mixture over cabbage mixture.
- ☐ Add chicken and soba; toss well to coat. Cook 1 minute or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:64.48, Glycemic Load:66.06, Inflammation Score:-10, Nutrition Score:52.404782481816%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg,

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 45.74mg, Quercetin: 45.74mg, Quercetin: 45.74mg, Quercetin: 45.74mg

Nutrients (% of daily need)

Calories: 841.23kcal (42.06%), Fat: 10.71g (16.48%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 155.22g (51.74%), Net Carbohydrates: 132.24g (48.09%), Sugar: 8.83g (9.81%), Cholesterol: 36.29mg (12.1%), Sodium: 1257.56mg (54.68%), Alcohol: 1.54g (100%), Alcohol %: 0.37% (100%), Protein: 42.5g (85%), Manganese: 3mg (150.05%), Magnesium: 504.77mg (126.19%), Vitamin A: 5727.05IU (114.54%), Copper: 2.22mg (111.21%), Vitamin B3: 20.55mg (102.76%), Fiber: 22.98g (91.92%), Phosphorus: 899.94mg (89.99%), Vitamin B6: 1.29mg (64.3%), Vitamin B2: 1.04mg (61.01%), Vitamin K: 57.76µg (55.01%), Selenium: 35.31µg (50.45%), Potassium: 1696.6mg (48.47%), Vitamin C: 39.36mg (47.7%), Folate: 183.65µg (45.91%), Zinc: 5.64mg (37.6%), Vitamin B5: 3.57mg (35.71%), Iron: 5.47mg (30.37%), Vitamin B1: 0.35mg (23.02%), Calcium: 164.14mg (16.41%), Vitamin E: 0.78mg (5.17%), Vitamin B12: 0.11µg (1.89%)